

## PORTUGAL

1. Elza - Nowadays we hear bad news from the elder ones, like they are mistreated and disrespected... and seeing that makes me wonder what happened to that idea that those who know the best and that used to be an inspiration and a source of knowledge to all generations in each society are now seen as a burden... and I want to know how can we include them again in society, not as “the old generation” but the “wisdom generation”. That’s why I came.  
But living this experience really makes me realize that even though there are bad stories, there are also good ones, that inspire us to be better humans and to spread good energy and will to do good. And for that I am so grateful for having the opportunity to be part of this project and I have to thank all participants, organizers and citizens that made this project a worth one. □□□□ (profile pic: Feeling more, worrying less. Elderly teach us the important things in life and living in community is one of those things.)
2. Inês - It’s the continuous learning process that allows us to deal with everyone with the love, respect and integrity they deserve.
3. Ivo - It was a good experience to have been in this project and I think that the topic was really good to discuss because nowadays the elderly are being excluded from the society. What gave me motivation was the fact that a lot of youngsters don’t care about senior people and we must have more contact with them. While there is life, there is hope. Let’s change our mentality!
4. Marco - I'm very grateful to be participating for the second time in a project with this topic and, just has the first one, it has been a very enlightening experience where we've learned a lot of new things about the elderly, their situation and we can do about it, and met a lot of new people from different generations and countries.
5. Ricardo - Seniors are part of society and we should take care of them as good as possible. They have lots of things to teach
6. Diogo - In my life I have felt a great love, that is the love for all people and cultures.

## BULGARIA

1. Diana - I really enjoyed being a part of this project. As youngsters we have so many things to do, that we rarely think about seniors' problems. It was a great experience to see how happy they were, when we spend time at the local seniors’ center, where we danced, sang and baked together.
2. Raya - It was an awesome experience to participate in this project. Everyday was full of activities and workshops. Our first interaction with seniors was in Kaunas city center. We taught the seniors how to dance our traditional dances. Not only seniors took part in the event. I think we made great memories. Another enjoyable day was when we went to the elderly house. We baked a cake and a pie and also each team performed one song on their national language. It meant a lot to me to see their happy faces I hope they also enjoyed. I think it’s good that there are this kind of projects to help people understand and realize the situation with the elders.
3. Valentino - At first I was concerned about applying for the project because I thought that the topics is boring. At the end of the youth exchange I changed my opinion for the topic and the way I look at elderly people. They should not be neglected because after a while we will be on their place as well. I'm glad that I was a part of the YE. I

received so many memories, friends, knowledge which are unique. Thanks to the Active Bulgarian Society my heart got touched by blessings only felted on Erasmus + projects. Special thanks to Ieva and Deivydas as well! :)

4. Kristina - In the period 11-19 August I had the opportunity to participate in an Erasmus+ youth exchange on the topic "Community: Seniors Involved," which took part in Kaunas, Lithuania. It was an enriching experience for me because everything I learned was through practice and experience. One of the main initiatives during the project was a visit of an elderly house, where I got the chance to interact with seniors. They were all so happy to meet us and take part in the activities that we had prepared for them. I was impressed by the dancing skills of the elderly, while we were teaching them traditional dances, not to mention how fun it was to cook with the grannies. Seeing everyone so happy to meet us, the young generation, made me think about the life of the elderly and how much the little things matter to them, so now I will be more conscious about the situation.
5. Patricia - Fresh ideas, brainstorming, smiles and teamwork - those are just of the things I experienced during this project. The communication with seniors showed me that the age is just a number, the thing that matters is how you feel. The valuable things in life are the memories that we have made and the people that we have met. That's why it's important to never lose the connection with the previous generations.
6. Iskren - First i want to say that I am glad that I had the opportunity to participate in the project "Community: Seniors involved". I learned a lot about how to communicate with seniors, to make their lifes better, to give them joy and hope. I will do my best to implement everything I learned and hopefully to change lifes. Also the friendships I made here helped me to explore other cultures, cuisines and traditions for which I can say one big Thank you!

## **LATVIA**

1. Pamela Stepina - "Community: Seniors Involved," Lithuanian Erasmus+ project gave me an opportunity to practice my English knowledge in the most exciting and working way - through speaking and discussing. I discovered a little bit Turkish, Poland, Portugal, Bulgarian and Lithuanian culture and also some delicious food from these countries (of course the most important part of all cultural nights). Now I know, that despite the difference of just 10 years I belong to the Z generation, but my sister to Alpha. I'm grateful that I had opportunity to made some nice spots to the seniors and give them happiness and care also dancing national dances from 6 countries.
2. Diana

I want to say huge “thank you” for the people who organized this project. It was amazing experience in Erasmus project and I will never forget it. I found out more about the seniors and I am going to take care about them more.

I hope everyone enjoyed our cultural night. We did interesting presentation, cooked special food and were playing a game – believe or not. Then we did magic night when each person jumped above the fire. Also our team draw a Latvian symbol on each hand.

### 3. Viktoria

This was my third Erasmus+ project, but a really special one for me. The thing is that this project had a lot of practical stuff - we have organized 3 events with old people and we gave them a lot of love and good emotions.

I truly liked the idea of going to the seniors’ house because I have never done it before and for me it was a great opportunity to communicate with seniors. I loved the dancing flashmob as well cause the national dances were easy and the melodies were catchy and fun.

All in all, I really admire the project and the contribution of organizers because they gave so much hard work and love to everyone.

### 4. Laura

It was my first Erasmus + project and enjoyed them fully. I am grateful to people who organised this project. For me it was a huge opportunity and experience to participate here. I had a lot of fun and a lot of new ways how to look on our lives differently. I had a lot of unforgettable moments with my friends and with people I met here. I learned about traditions of another cultures, for example, Portuguese, Lithuanian, Turkish, Bulgarian and Polish. We learned traditional dances, traditional songs and had a lot of wonderful moments.

I would like to say Thank you for all the people!

### 5. Ilze

**“Imagine all the people living for today  
Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion, too  
Imagine all the people living life in peace“ /John Lennon/**

**Thanks!!!:))**

### 6. Nikita

Desiring to learn more about the topic - Seniors being involved in community, and wanting to be more aware of daily life of elderly I decided to sign for this erasmus+ project, and Latvian youth organization YoungFolks accepted me to the team. The project is nearly approaching it's final point, and it had broadened my view on life of elderly, both physically active and inactive. I have understood that we share the same values and desires - life, love and prosperity, eventhough our perspectives on life have shaped differently because we had very different experiences in life, conditions and range of opportunities. I am starting being more aware of aging process and soon I and my friends will feel

those conditions on our skin, and we have to do something about conditions of elderly now, both for current seniors and us in the future. I am very thankful to organizers for this wonderful week full of learning, joy and communications.

## **POLAND**

1. Dominika - The best thing about this project it is exchange of experiences from people all around the world - not only about elderly people, but also about our countries. Everything was cool except the potatoes.
2. Olga - I am one of the participants of senior involved project taking part in Kaunas during the 11-19 August. I am really happy that I can be here. I have a possibility to be a part of incredible event. What I enjoyed the most is dances with local people and time spent in elderly house - it was amazing when I could share my experience with one lady who came there. I think that youth project it is the best thing that people can do to improve themselves, especially when it is really well prepared, like this one.
3. Szczepan - My experience, testimony: hey, I'm the first time on this project.. many things I have learnt over here.. from:
  - organizers Ieva and David how to serve a people in wisdom, understanding and love..
  - programs - how important is my Grandmother.. for now I want to serve and visit her more..
  - different nationalities how working together
  - amazing Lithuanian Seniors how being honestly and brave in sickness..
  - and especially from my wife:  
How love her more not only like husband but like the Best friend:)  
That was my the best holidays.. Thank U!
4. Karolina - For me this project was a life-changing experience that gave me new skills. I improve my self-confidence and also I'm more openness to and curiosity about new challenges. I met people from other cultures and we could exchange with our experiences. It was a great opportunity to be together with elders and to not be ashamed of it because each one of us is going to be a senior. We spent great time dancing. The most beautiful moment for me was seeing seniors on wheelchairs dancing polish dance. Wheelchairs weren't a barrier because this dance is quite simple. I remember grandmothers crying when we were talking with them. Even one grandmother gave us two books in Lithuanian language! Unfortunately we don't know this language (laugh). If I had to make a decision to go to the project again, I wouldn't change it! We spent a great time! Thank You all a lot :)
5. Giuseppe, this project was a really incredible opportunity to make something good for elderly people that usually are ignored by the society, it was also a moment for reflection about our lives, how we want to get old and in which way, to reflect about death as well and to improve friendship among nations.  
I really loved the way it was conducted, the people and the environment. It was simply wonderful

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## TURKEY

1. Sezen - When I have seen the name of this project first, I thought that it would be very good chance to meet seniors and nice experience for me. I could not have a chance to meet them before but I always wished it. Now, I am very happy to be the reason of the smile of seniors' face. We could have the chance to have very nice and happy time. Rest of my life, I will be always looking for an opportunity to become together with seniors. Whole project was amazing and inspiring. Our trainers Deivydas and Ieva were so kind and helpful. I am very happy since I have participated this project. Thank you for everything
2. Erdem - This project is my first project in Erasmus+ .This experience was amazing for me. All the time during project i have felt, i am part of world. I am appreciate be there. If it possible, i want to extend project duration. And of course if it will possible, i want to come again this beautiful city for Erasmus project. All the project, i have met lots of friend from other countries. If you look this message i love you guys.

I'm grateful our team leader who are Ieva and Deivydas. They are really good leaders also friends for me. I love you too guys. Keep this secret between us, i love you more than others.

Also i have to mention about Lithuanian. This country's people very kind and helpful. I like all of Lithuanian. The city just like green city. There are lots of trees and forest.

And of course, when we go elderly house, i was so happy meet them. That experience is unforgettable for me.

Thanks for all.

I hope we will see each other again.

3. Üsame Arcagök - First i came here, i understand that this event will be perfect. I really liked the people i meet here and all of them like brothers - sisters to me now.

And i learned a lot about seniors; how they feel, how they spent time etc... we visited them in nursing home, at outside and danced with them. Baked cakes, talked with them , learned a lot from them.

Ieva and Deividas made a lot of effort for this project and thanks to them project were amazingly perfect.

People here are all kind and i learned much from them. About their traditions , cultures thinking styles.

Events here were also very well , energizers, dances, activities we made.

I want to thank all the people who participated and made this event wonderful.

Best regards..

Üsme Arcagök

4. Bedi - It was my first erasmus project and it was more wonderful than I expected. Seeing the happiness of seniors was priceless. All the people who attended the project were amazing. Deividas and Leva were so kind to us. In addition to all of these, I started to like potatoes with this project:). Thanks you for all.
5. Hanife - Community Senior :Involved was my first project and included many activities. Our group went to a nursing home and baked a cake together. It was really wonderful being able to talk and visit elderly people. We should do this quite often, and it greatly improved communication skills, as well as provided an opportunity for a wonderful event . I greatly enjoyed this activity! Leva and Deividas thank you for everything ☐
6. Omer - I am so happy to be in such a project like this. I will never forget the days I had here in Lithuania and dances that we did. Everyone was amazing, everything that we did was fun. That was my second project but I am thinking about the third one from now on :). I met amazing people here and I wish our friendship wouldn't end when we turn back to our countries.  
My knowledge and awareness about seniors has become better here. Now I am more sensitive about seniors. And I will bring my knowledge and sensitivity to the seniors that live in my country. Now I have a totally different point of view to the elderly people. I am grateful to Leva and Deividas for everything they did. You were so professional. You were always knowing what you were doing.

## LITHUANIA

1. Julija: I would like to say big thanks for organisers and all participants, we really did a great job. In the beginning of the project, I wrote that I want to improve my empathy and try to accept everyone as they are and I feel that during the week I improved those competences a lot: communication with seniors helped me to overstep my fears and learn a lot. It is a pity that I haven't time to get to know every participant well, but let's hope we will have time for it in next projects ;)

Special thanks goes to Leva and Deividas: you are amazing coordinators and I think everyone will agree with it.

Elza and Marco: the connection we made is incredible, we will definitely meet again in a near future, I promise you.

Karolina and Szczepan: I learned from you a lot, you are such an inspiring couple. Everyone should watch your youtube videos ;) they are so motivational.

Diana (Latvia): I loved to talk with you and dances were amazing too. Hope to see you soon in Lithuania

Valentin: best erasmus+project gopnik ever. Few more projects in Lithuania and people will believe you are from here

Vilius: amazing wedding, I will definitely never forget it.

2.vilius= excellent project, with excellent people and program, I will cherish and remember these moments all my life. Live, love, laugh

3. Monika-I would like to thank for organisers. I think they did an excellent job. The activities, workshops were well organised and the atmosphere during project was great. Probably, the best thing what happened in this project was that I met so many honest, active, interesting people. We

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